



# THE MAIL POUCH



Website: [branch69.org](http://branch69.org)

Facebook: Pony Express SIR Branch

The Pony Express Branch #69  
March - 2026 Edition

John Popadak, Editor

## MY LITTLE CORNER

Forms, forms, forms. Being a 501(c)4 corporation, our organization has lots of rules to follow and hurdles to jump, to keep our corporate status, as is.



Last month we were notified that our BEC officers and Committee Chairmen need to sign a Conflict-of-Interest form, to ensure that they are acting in the best interests of our group. This month we learned that SirInc.org adopted a new policy (policy 15-B) that protects our corporation from being sued if anyone's likeness is captured in a photo, that is used for SIR, Inc commercial purposes. I have sent a copy of the form to John Popadak, so he could include it in this newsletter. We are asking all our members to please fill-out and sign the form, and turn it in to our Secretary, Bernie Moreno, at the next meeting they attend (or you can send it as an attachment to Bernie's email address.)

In other news, I have heard of some activities that are coming soon at the Dante Club, and these are open to the public. So, even if you are not a member of the Dante Club, you can still attend and participate in these activities. There is a monthly "Sunday Family Dinner" here at the Dante Club, and it is held the first Sunday of each month. You can reserve your spot to eat at the club, or to take the food to go, at very reasonable prices (for approx. \$25). By the time you read this, the reservation date would have passed for the March 1 dinner, but you can get on the Dante Club's e-mail list yourself by contacting the club (or you can simply download their monthly newsletter for free). Then you will know about the upcoming family dinners.

The Dante Club also has a Wine Tasting & Dinner scheduled for March 24. You need to reserve your spot by March 16. This is a 5-course dinner

(cost is \$90) with each course paired with a wine from Macchia Vineyards of Lodi.

In April (4/17/26) they will be hosting a Casino Night from 5pm-10pm. For \$70 you are greeted with champagne at the door; have access to an all-you-can-eat buffet; and be able to play craps, roulette and blackjack. You need to reserve your spot by 4/4/2026. You can participate in all these activities without being a Dante Club member. But if you are of Italian descent, they would love to have you join their club.

No one seems to know what happened with our February lunch, which was supposed to be pork, but ended up being chicken. I have confirmed the March lunch selection with the office staff and it remains the same as before.

Our March lunch will have Irish flag clementine cucumber salad, cabbage and roasted carrots, boiled Yukon potatoes, braised corned beef, with the normal dinner rolls and butter, and a dessert. April will have Caesar salad, seasonal vegetables, marinated roasted sirloin steak with chimichurri, herbed red potatoes, rolls and dessert.



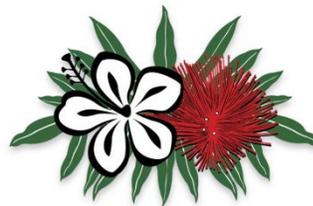
## SCOTT'S WORDS OF QUESTIONABLE WISDOM



We're looking forward to an outstanding March meeting featuring special guest speaker Brian Havers, Crime Gun Analyst/Investigative Support Specialist with the Central Valley California HIDTA. Brian works on the front lines of investigative support, specializing in crime gun analysis and collaboration with regional law enforcement. His presentation promises to shed light on how technology, data, and coordinated efforts help keep our communities safer. It's sure to be both informative and eye-opening—so bring your questions!

And let's not forget the terrific time we had at our last meeting when the O'Hana Dance Group delighted us with authentic Hawaiian dances and fascinating stories about the history and culture of the islands. The music, movement, and "aloha spirit" made for a warm and memorable afternoon. Another great example of how our SIR's meetings mix learning with a lot of fun!

## LAST MONTH'S ENTERTAINMENT



KŪHAI HĀLAU O KAPONOOKALANI  
**OHANA DANCE GROUP**  
SACRAMENTO, CALIFORNIA



## MARCH BIRTHDAYS

Bill Mullen	03/03	80 Years
Jose Fernandez	03/04	91 Years
Pat Barrett	03/05	
Joe Cain	03/05	81 Years
Ed Iaconis	03/09	88 Years
Chris Miller	03/10	
Jim Buckley	03/14	80 Years
Fred Smith	03/25	84 Years
Michael Jones	03/29	
Brian Thurston	03/30	



## MARCH ANNIVERSARIES

Jose and Carol Fernandez 03/11 70 Years  
 Allen and Rhonda Riker 03/23



## SPECIAL CONGRATULATIONS



Special congratulations go out to **Jimmy Buckley** and **Bill Mullen** who are celebrating their 80<sup>th</sup> birthday and to **Jose and Carol Fernandez** who are celebrating their 70<sup>th</sup> wedding anniversary!

## NEXT GENERAL MEETING

The next General Meeting will be

**March 12, 2026**

At the Dante Event Center, 2330 Fair Oaks Blvd.,  
 Sacramento 95825

Check-In and Social Hour: 11:00 am to 12:00  
 Noon

General Meeting and Lunch: 12:00 Noon to  
 2:00 pm

Scheduled Speaker: Brian Havers, Crime Gun  
 Analyst/Investigative Support Specialist with  
 the Central Valley California HIDTA.

**YOU'RE ALL INVITED!**



## RECRUITING AND PUBLICITY

On January 16, Alan Weinel and I staffed a table at the Renaissance Society open house at Sac State. We talked with lots of interesting people, but once again, we didn't get any prospects for our branch.

Little Sir Scott Edwards is looking into refreshing the appearance of our branch web site and opening up some social media presence for our branch.

If any members have ideas about possible recruiting measures, please let me know. We have a couple of new outreach efforts to explore in the coming months, but we can always use new ideas. Let me know if you have a brainstorm to share!

I'll look forward to seeing everyone at the March luncheon.

**Tom Page**  
Recruiting & Publicity Director



### SIR Membership Application Form

If you know someone who would like to join SIR Branch 69, download an application form to give them by clicking on the form at the right:



## THOUGHTS FOR THE DAY

What doesn't kill you gives you a set of unhealthy coping mechanisms and a dark sense of humor.

If at first you don't succeed, then sky diving isn't for you.

## FUN FACTS ABOUT MARCH

March Madness - NCAA Basketball Tournament.



In 1692, the Salem witch trials began in Massachusetts in March.

**March 8** starts Daylight Savings Time

Pi Day, honoring the math constant pi, is celebrated on **March 14th**.

The Ides of March, made famous by Shakespeare, is on **March 15th**.



St. Patrick's Day is celebrated on **March 17th**.

The Vernal Equinox, **March 20**, marks the start of spring.



Get your official SIR apparel at: [sir.ourproshop.com](http://sir.ourproshop.com)  
Shirts, hats, jackets, all with the official SIR logo at reasonable prices!

Lots of colors to choose from.

Click on the hat to order:



Check out the State SIR newsletter "Happenings" for information about statewide SIR activities by clicking on the rooster at the right.





**Rick Hom, Regular Course**

# GOLF NEWS



**Terry Block, Progressive Golf Club**

## UPCOMING TOURNAMENTS

March 26 – Bartley Cavanaugh - \$40/\$59 - Two Man Team/One Low Net

April 16 – Wildhorse - \$46/\$56

April 30 – Bing Maloney - \$39/\$58

## FEBRUARY RESULTS

### **Teal Bend (01/29) – Stroke Play/Strike 3**

1<sup>st</sup> Low Net, 2<sup>nd</sup> Low Net, 3<sup>rd</sup> Low Net

1<sup>st</sup> Flight: Bill Katsifolis, Tom Page, Jerry Buhlert

2<sup>nd</sup> Flight: Ken Sawitzky, Gary Lukins, Jim Svobodny and Fred Smith (tied)

3<sup>rd</sup> Flight: Marty Miller, Dan Calcagno, Chris Miller and Don Nevis (tied)

CTPs: Rick Hom, Gary Lukins, Chris Miller, Scott Edwards, and Alex Canada

### **Empire Ranch (02/26) Stroke Play/Modified Strike 3 Twist**

1<sup>st</sup> Low Net, 2<sup>nd</sup> Low Net, 3<sup>rd</sup> Low Net

1<sup>st</sup> Flight: Jerry Buhlert, Nate Gauff, Wes Ellinghouse, Bill Katsifolis and Jim Oblizalo (three-way tie)

2<sup>nd</sup> Flight: Gary Lukins, Mike Jones, Pat Quinn and Dan Calcagno (tied)

3<sup>rd</sup> Flight: Sandy Davis, Paul Woods, Marty Miller

CTPs: Tom Page, Alex Canada, Rod Lukins, Jerry Buhlert, Gary Lukins, and Paul Woods

## UPCOMING TOURNAMENTS

March 2 – Allister Mackenzie - \$\$42/\$52

March 16 – Diamond Oaks - \$62 w/cart

April 27 – Teal Bend - \$61 w/cart

## FEBRUARY RESULTS

### **Emerald Lakes (02/09) – Individual Net Stableford**

1<sup>st</sup> Place, 2<sup>nd</sup> Place, 3<sup>rd</sup> Place

1<sup>st</sup> Flight: Bill Katsifolis, Mark Machado, Jim Svobodny

2<sup>nd</sup> Flight: Pat Quinn, Mark Steffens, Terry Block

3<sup>rd</sup> Flight: Ken Sawitzky, Rodney Lukins, Jesse Starkey

CTPs: Markl Machado, Tom Page, Ken Sawitzky, Mark Machado, and Alex Canada





# BOWLING NEWS

Our league standings remain close with all 10 teams quite well bunched up. As always, the league bowlers continue to excel each week. Jim Smalling posts a 600+ series almost every week, while newer bowler Larry Marx shot handicap series of 725 and 752 on consecutive weeks, both of them high series each week. Pat Quinn shot an outstanding scratch series of 635, which scored 804 handicap, easily the best handicap series of the year so far.

Every week, we have openings for substitute bowlers. We have a number of bowlers signed up as substitutes this year, but we always have room for more. If you're interested, let me know and I'll put you on the list.

## Other bowling information:

If you're in the league and want to practice bowl, identify yourself as a SIR league bowler at the front desk at Country Club Lanes and you can bowl for \$.50/game, an increase from the previous \$.25/game. It's still a huge bargain. Also, if you still have some of those old free bowling coupons from making splits, Country Club Lanes will continue to honor them. These special rates apply all year round.

Stay healthy, stay active.

**Tom Page, League Secretary**



## SIR BRANCH 69 BOWLING TOURNAMENT

Branch 69 hosted its 6th annual bowling tournament at Country Club Lanes on February 18th and 19th. Bowlers from 16 various SIR branches participated, with Branch 69 providing 17 of the 82 bowlers at the event.

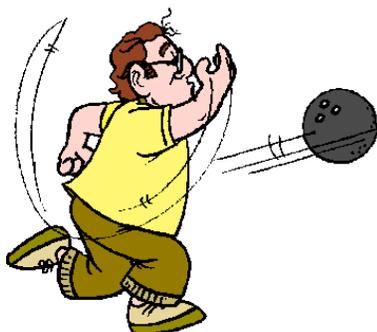
Results were recently posted on the SIR Bowling website showing many of our branch's bowlers were money winners as shown below. Door prizes were raffled off totaling over \$400 in value.

1st Place Singles - Division I - Rudy Crisolo  
 4th Place Singles - Division I - Tod Davis  
 5th Place Singles - Division II - Dave Bozeman  
 2nd Place Doubles - Division II - Robert Schrupf and Adrian Garcia  
 1st Place - All Events - Rudy Crisolo  
 9th Place - All Events - Tod Davis

Many thanks to Ray Dibasilio for running another great tournament. Thanks to Hal Copperberg for assisting me; and many thanks to Country Club Lanes for allowing our tournament to be held there.

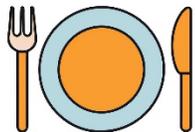
The State Bowling tournament will be held at Country Club Lanes in May 2026.

**Tod Davis**  
**Tournament Host**



# BRANCH ACTIVITIES

## ACTIVITIES CHAIRMAN



## DINE-OUT

**NEXT DINE-OUT** at **EL TAPATIO**, on March 23rd at 6:00pm located at 5637 Sunrise Blvd, Citrus Heights, CA.

(<https://www.yelp.com/map/el-tapatio-citrus-heights-3>)

For menu information:

<https://www.yelp.com/biz/el-tapatio-citrus-heights-3>

Enjoy time with your SIR buddies, bring a guest & make a new friend! For more information & **RSVP**, PBS Mark Steffens, call or text (916) 214-8650 or [steffensmark+Dine@gmail.com](mailto:steffensmark+Dine@gmail.com)

**PBS Mark Steffens**  
**Activities Chairman**



## CARD CLUBS



## CRIBBAGE

The Cribbage Group meets on the first and third Wednesday of the month. In March they will meet on the 4<sup>th</sup> and 18<sup>th</sup>. We meet in the back room of Country Club Lanes at 10:00 am.

See you there and bring your friends.

**Dan Nelson, Cards Chairman**  
**(916) 895-5673**  
**[Dan.8733@yahoo.com](mailto:Dan.8733@yahoo.com)**



## TEXAS HOLD 'EM POKER

The February poker game had 16 players saying they wanted to play, and 15 showed up (there was one, last minute cancellation). About half of the players were from SIR-69, including a few new players to our Texas Hold'em Poker event. Fellow SIR-69 member, Tom Knoble, came in 1st place, even though he was brand new to Texas Hold'em. Congratulations Tom! Our next Texas Hold'em poker game will be on Thursday, March 26 at 1:30. As always, the cost is \$10.00 and it will be held at my house, at 5418 Lequel Way, Carmichael. We have a limit of 16 players, so let me know if you want to play.



**Bob Schruppf**  
**Poker Chairman**

# BRANCH ACTIVITIES



## INVESTMENT GROUP

The Investment group meets on the 4th Wednesday of the month. In March, the meeting will be on the 25th. It will be a ZOOM meeting.

**Joe Cain, Investment Group  
Chairman**  
(530) 219-3709  
[jlcaïn45@yahoo.com](mailto:jlcaïn45@yahoo.com)



## PING-PONG

Ping-pong is back in session at both Gibbons Rec&Park and at Swanston Rec&Park. The Gibbons facility will have ping-pong twice a week on Wednesdays and Fridays from 3pm-6pm. Swanston has ping-pong Monday, Wednesday, and Friday from 11am - 1pm. Both facilities have several tables and there are extra ping pong paddles if you need one.

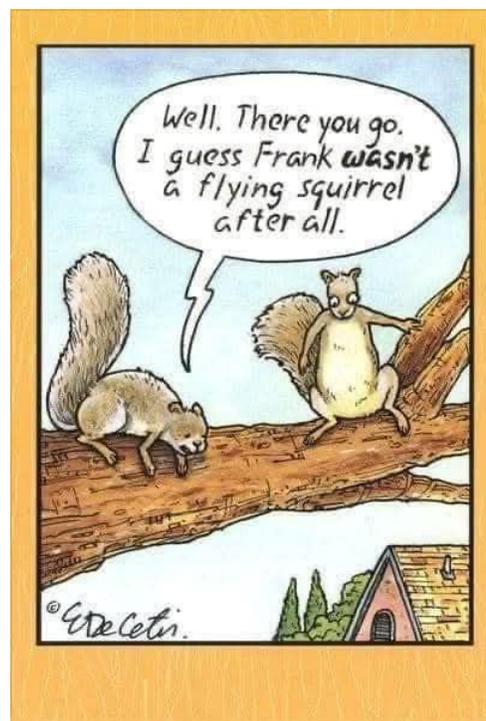


**Bob Schrupf**  
**Ping-Pong Chairman**



## FEBRUARY CALANDER OF EVENTS

- March 3 - Golf - Alister Mackenzie
- March 4 - Cards - Cribbage
- March 12 - BEC Meeting (10:00 am)
- March 12 - General Meeting and Luncheon
- March 16 - Golf - Diamond Oaks
- March 18 - Cards - Cribbage
- March 23 - Dine-Out - El Tapitio
- March 25 - Investment Group ZOOM Meeting
- March 26 - Golf - Bartley Cavanaugh



Check out the State SIR newsletter "Happenings" for information about statewide SIR activities by clicking on the rooster at the right.



NON-RESPONSIBILITY DECLARATION: ALL ACTIVITIES arranged or sponsored by Sons In Retirement, Inc. and its branches are for the convenience and pleasure of its members and their guests who desire to participate. Sons In Retirement Inc. and its branches do not assume any responsibility for the well-being or safety of the participants or their property in matters pertaining in to said activities.



## SUNSHINE



**Jim Potterfield's** longtime partner, Linda Middlesworth, broke her leg/hip (upper femur) recently--she was walking their dog & got tangled up in the leash and took a really bad fall. Post Surgery she is still not doing well.

**Paul Sickert's** surgery to release pressure on his brain went well, unfortunately the medication he was given upon returning home reacted badly with his diabetes medication. He returned to the hospital for stabilization and further care.

**Bob Clanton** had bladder surgery and they discovered some cancer. He's currently scheduled for a six week new 'non-chemo' treatment starting on the 24th of this month. He's been able to golf but not to bowl. He hopes to be bowling beginning March 3rd.

**Patrick Fintel** appears to be recovering from his neck surgery as he made an appearance at Country Club Lanes yesterday (2/12).

**Jim Sprifke** is dealing with complications from a foot infection.

**Fred Smith:** I heard from Fred Smith's daughter (Kim) a few minutes ago. As many of you know, Fred had a knee replacement done on Monday. After surgery, his doctors found a blood clot in each leg and 2 in his left lung. He is still in the hospital, getting IV blood thinners until his breathing, oxygen and other levels return to more normal parameters. Kim wrote, "The hospital is allowing him visitors, he is in Mercy San Juan room 8619. He'd probably be so happy to know people are cheering for him. His spirits are kinda down right now. He does not want to be here. LOL!"

If you know of any of our members or immediate family with health problems give me a call at (650) 240-6019, or email me at [penholder19@gmail.com](mailto:penholder19@gmail.com)

**James Aylett, Sunshine Chairman**



### DIRECTORY OF OFFICERS, DIRECTORS, AND COMMITTEE CHAIRMEN

#### 2026 OFFICERS

BIG SIR	ROBERT SCHRUMPF	(916) 897-7114
LITTLE SIR	SCOTT EDWARDS	(916) 267-0502
SECRETARY	BERNIE MORENO	(209) 245-6313
ASST. SECR.	ALAN WEINEL	(209) 843-1804
TREASURER	HAL COPPERBERG	(916) 880-8065
ASST. TREAS.	JIM SPRIFKKE	(209) 200-2107

#### DIRECTORS

PBS LT COOPWOOD (916) 206-2732	JOHN POPADAK (916) 662-0695
PBS CONNOR CHIN (916) 601-1854	BOB CLANTON (408) 887-8449
BLAKE THOMPSON (916) 922-5227	DOUG BAILEY (916) 725-9134

#### STATE OFFICERS

STATE PRESIDENT:	FRED SERENA
AREA 4 REPRESENTATIVE:	MARK STEFFENS

#### RECRUITMENT, ACTIVITIES, MEMBER RELATIONS & PUBLICITY

RECRUITING/PUBLICITY/BIO	PBS TOM PAGE	(916) 488-6465
ACTIVITIES	PBS MARK STEFFENS	(916) 214-8650
MEMBERSHIP/INFORMATION	JOHN POPADAK	(916) 662-0695

#### COMMITTEE CHAIRS

PROGRAM	SCOTT EDWARDS	(916) 206-2732
NEWSLETTER	JOHN POPADAK	(916) 662-0695
CHAPLAIN	JAMES AYLETT	(650) 240-6019
ROSTER	PBS ALAN WEINEL	(209) 843-1804
AUDIT	GEORGE LANGFORD	(650) 823-5493
NOMINATING	PBS LT COOPWOOD	(916) 206-2732
ATTENDANCE	MARK KRAUT	(916) 929-3494
ORIENTATION	JOHN POPADAK	(916) 662-0695
INFORMATION	JOHN POPADAK	(916) 662-0695
SUNSHINE	JAMES AYLETT	(650) 240-6019
WEB SITE	ROSS MARTIN	(916) 427-0559
PICNIC	JERRY SCHROEDER	(916) 801-2530
ACTIVITIES	PBS MARK STEFFENS	(916) 214-8650

#### SPECIFIC ACTIVITIES CHAIRMEN

THURSDAY GOLF	RICK HOM	(916) 395-7433
MONDAY GOLF	TERRY BLOCK	(916) 686-0797
BOWLING	TOM PAGE	(916) 488-6465
BOOK CLUB	JOHN P'NEAL	(916) 531-5378
CRIBBAGE	DAN NELSON	(916) 895-5673
DINE-OUT	PBS MARK STEFFENS	(916) 214-8650
INVESTMENT GP	JOE CAIN	(916) 219-3709
PICNIC	PBS JERRY SCHROEDER	(916) 801-2530
PING PONG	BS ROBERT SCHRUMPF	(916) 897-7114
POKER NIGHT	BS ROBERT SCHRUMPF	(916) 897-7114
RIVER CATS	DENNIS KRAMER	(530) 312-3896
WINE TASTING	DENNIS KRAMER	(530) 312-3896

#### HONORARY LIFE MEMBERS

PBS TOM PAGE
PBS JIM PORTERFIELD
PBS WARREN SENEGAL
PBS LENNIE SILVA
PBS RON HUTCHESON

#### SENIOR CERTIFICATES

PBS WARREN SENEGAL
BBS KEN TOWNS
SIR HEMAN SMITH
PBS ARNIE KELLER
SIR SIDNEY NEWMAN
SIR JOSE FERNANDEZ

#### DISTINGUISHED SERVICE AWARD

PBS PAT QUINN



## PHOTO RELEASE FORM

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I, \_\_\_\_\_, located at \_\_\_\_\_  
hereby agree and consent as follows:

A. I consent and authorize SIR, Inc., (Releasee) to use my likeness, image, and appearance.

B. I grant the Releasee the irrevocable right to use the Photos for lawful commercial purposes, including but not limited to advertising, promotion, marketing, or trade, in any format or publication, whether print or web-based. This consent applies globally, is not limited by time, and includes the right to copy, edit, enhance, crop, or otherwise modify the Photos as needed. I also waive any right to inspect or approve the final product featuring the Photos.

C. I understand and agree that all Photos, including any derivative works, are the exclusive property of the Releasee, and I do not retain any ownership or intellectual property rights to the Photos.

D. I agree to release and forever discharge the Releasee, its affiliates, successors, assigns, officers, employees, representatives, partners, agents, and anyone claiming through them, in their individual and/or corporate capacities, from any and all claims, liabilities, obligations, promises, agreements, disputes, demands, damages, causes of action of any nature or kind, known or unknown, which I, or anyone claiming on behalf of me, may have or claim to have against the Releasee in connection with the use of the Photos.

E. I represent that I am at least 18 years of age and have the full legal capacity to execute this Photo Release Form.

F. I have carefully read and fully understand all the provisions of this Photo Release Form and am freely, knowingly, and voluntarily signing. This agreement shall be governed by the laws of the State of California, and any disputes arising from this agreement shall be resolved in the courts of the State of California .

G. I. If any provision of this Photo Release Form is found to be invalid or unenforceable, the remaining provisions shall continue in full force and effect.

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Print Name**

## **Branch Level Administration of Form**

Responsibility: The Branch Secretary to get form signed prior to first photo or image use

Members Chairman: New Members when completing the New Members Application sign a Photography Release Form

Retaining the Forms: The filing of the Form would be delegated to the Branch Secretary

## **Instructions for Photo Release Form**

Each time a member has a photo taken that could be used in a public forum such as articles in newspapers or magazines or posted on social media sites, they should be given a copy of this form to sign. The Branch Secretary shall ensure that this form is signed prior to posting any photo as outlined above.